

TB-HIV: What are we seeing in the communities?

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Introduction

- Though Tuberculosis (TB) is curable, but it is still the leading cause of death among PLWHA
- Coping with TB has never been an easy experience especially as it affects the most vulnerable such as the poorest and malnutrition.

TB – A Global Issue

The World Health Organization (WHO) say TB incidence rates have tripled since 1990 in 21 countries with high levels of HIV. Of the 15 countries in the world with the highest TB rates today, 13 are in Africa. Consequently, 2.4 million Africans now fall ill with tuberculosis and 540, 000 people die form it every year.

The Situation in Nigeria

- Nigeria ranks 4th globally in TB infection with around 400 cases diagnosed annually.
- Though TB treatment is free in the country, yet efforts and awareness about it is inadequate.

Coping with TB and HIV: Lessons Learnt

- There is need to enhance the knowledge and skill of care providers and PLWH to ensure proper medication when treating TB and HIV
- There is need for an advanced technology that can detect TB more easily.
- More awareness should be created on TB treatment especially among groups and networks of PLWH

While treating TB, it is very advisable to:

- First seek for your doctor's advice
- Treat TB before starting on ARVs
- Live in an hygienic and well ventilated environment

While treating TB, it is very advisable to: cont...

- Eat foods rich in proteins and vitamins
- Avoid exposing yourself to too much of cold
- Strictly adhere to you medication and avoid infecting others

Conclusion

Despite what many of us had gone through in coping with TB and HIV, we had survived the disease and are hale and hearty and are willing to share our experiences and help others as well.

Thank you!

